

ADULT HABIT BUILDER KIT

- Planner 26 Pages
- Habit roadmap 2 pages
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The image shows a screenshot of the Habitica mobile application. At the top, there is a navigation bar with a menu icon, the text "Create new habit", and a small decorative icon. Below the navigation bar is a personality profile section with a blue and green open book icon. The profile includes fields for "PERSONALITY", "HABITS", "JOBS", and "GROWTH". A large, bold "READ MORE" button is overlaid on the personality section. A blue banner across the middle of the screen reads "Bonus: 100+ Digital Stickers". Below the banner is a yellow starburst icon. Further down, a section titled "Suitable for any note-taking APP" is shown, featuring a large, stylized "New Habit" text with a rainbow effect. The main workspace is a grid-based notepad with various habit cards and a "HABITS" section on the right. A "Rewards" section is at the bottom.



A woman with dark hair, wearing a grey sweatshirt, is smiling and pointing her right index finger upwards. She is positioned in front of a worksheet titled 'Break a bad habit'. The worksheet has sections for 'HABIT', 'ACTIVE', 'ENDING BAD HABIT', and 'PLAN'. To the right of the worksheet is a decorative graphic with the text 'Break it!' and a small tag that says 'Take a Shower'. Below the woman is a circular graphic with the text 'Creating and Breaking HABIT ROADMAP'.

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